



GUIDE TO SEATTLE

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OF RAMEN
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THE BEST
DATE NIGHT
IDEAS

EXPLORE

SEATTLE'S
CULTURAL
CONNECTIONS

JANUARY 2018

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WELLNESS

GREAT ESCAPES

Spa treatments, take us away!

WE COULD ALL USE A LITTLE TLC this time of year, when the chilly, wet days keep us indoors more often than we'd like. Our favorite solution to cabin fever? Embrace it—with a spa break at a luxury lodge. The inspiration for the hotel on "Twin Peaks," Salish Lodge & Spa (salishlodge.com) takes full advantage of its naturally beautiful setting, with cedar and stone-accented treatment rooms overlooking iconic Snoqualmie Falls. The Spa at Willows Lodge (willowslodge.com) in Woodinville is the perfect spot to truly indulge; unwind in the heated courtyard pool prior to a rhythmic Hawaiian lomi-lomi massage and wake up refreshed for a day exploring and tasting at the local wineries. Set on the Hood River Canal, with sweeping views of the Olympic Mountains, Alderbrook Resort & Spa (alderbrookresort.com) is only two hours from Seattle, but feels like it's a world away.



The Spaahh

The spa at Loews Hotel 1000 offers a range of treatments, including an espresso body scrub. How Seattle! loewshotels.com/hotel-1000-seattle

Ummelina

Explore global pampering rituals like African foot massage, Japanese soaking tubs and Egyptian cupping therapy. ummelina.com

The Spa at Nordstrom

Follow retail therapy with massage therapy at the newly revamped downtown flagship store. nordstrom.com

For more wellness-focused destinations in the city, visit wheretraveler.com

COURTESY SALISH LODGE & SPA; THE SPAHH AT LOEWS HOTEL 1000